

Japan Ground Golf Association President  
Tottori Women's Junior College Principal  
(Gold Medalist in the Triple Jump at the  
10th Olympiad in Los Angeles, 1933)

## The Promotion of Lifelong Sports

As the life-expectancy of humans continues to rise, we are seeing the emergence of a "Senior Citizens Society." To promote the health of this sector we have brought together a group of experts to create sports and games suitable for all ages. Therefore, I am pleased to announce the creation of "Ground Golf" as one solid example of our group's activities.

From young children to senior citizens, Ground Golf is truly a lifelong sport that will help all ages experience a richer, fuller life.

My personal aim is to help spread Ground Golf throughout Japan and I plan to work diligently towards this goal — so all can enjoy.

# Enjoying Ground Golf

Japan Ground Golf Association Director  
Japan Women's Athletic University Professor  
(Previous member of the Ministry of Athletics)

## Ground Golf:A New Sport

Ground Golf is a new kind of golf game developed in Tomari, Tottori Prefecture through the Ministry of Education's Lifelong Sports Promotion Program.

Using the clubs, posts, and balls created especially for Ground Golf, this new sport, like real golf, involves putting the ball in the hole in as few strokes as possible. Because the distance and number of holes can be altered according to the playing space available, and because the rules are simple, Ground Golf is a fun and easy game that can be enjoyed anywhere, at anytime.

Everyday, throughout Japan, children, adults and senior citizens participate in outdoor activities. School Sports Clubs help students to develop strong bodies, strong minds and a sense of cooperation, companies employ sports and games to improve communication among employees and sports training is an important element in the rehabilitation of the handicapped. In a variety of areas sports and games have became an integral part of our lives. Ground Golf has been developed in cooperation with the Asics Company, the producer of Ground Golf equipment, to promote health and exercise for all members of society.

We heartfully recommend Ground Golf as a game that people of all ages and all types can enjoy together. A truly lifelong sport: Ground Golf!

## The Features of Ground Golf

### ① You Can Play Anywhere:

At an athletic field, by a riverside, in a park or garden . . . anywhere! Hills and obstacles, such as trees and rocks, can be used to make a more interesting course.

Just decide the number of holes and the distance between each one. Then begin!

### ② Preparation is Simple:

Just set up the posts and you are ready.

### ③ The Rules are Simple:

Try to get the ball into a post-hole in as few strokes as possible. The person with the fewest strokes wins.

### ④ It's Easy to Identify Your Ball:

Each club has colored tape that matches one of the colored balls.

### ⑤ There is No Time Limit. Also, No Special Skills are Necessary.

Just take aim, hit, and follow your ball!

Exercise and fun -not skill- are the goals of this game, so the more you walk the better. Ground Golf is an ideal form of recreation that also cultivates cooperation and concentration. Best of all, there's no time limit — play as long as you like!

## ⑥ There is No Limit to the Number of Players

With a large group players can start simultaneously from different holes. Also, Ground Golf can be played individually or in teams.

## ⑦ The Only Judge is You

Another principle of Ground Golf is that the players themselves make all final decisions about play.

( Yeah! A hole-in-one! )

# The Rules of Groud Golf

## Section I Etiquette

- ① When finished, players should move promptly off the course so not as to interfere with following players.
- ② Players should not talk or stand near or behind the post when a fellow player is about to hit. Players must also wait for the group in front to finish their strokes before continuing.
- ③ Players should replace all divots and repair any marks made on the course.

## Section II Rules of Competition

## ④ The Game

Ground Golf is a game where players begin from a designated tee and try to make the ball into a post-hole(hole-out) in as few strokes as possible.

## ⑤ Equipment

Equipment includes the clubs, balls and post-holes created especially for Ground Golf.

## ⑥ Practice During Play

Players are allowed no practice strokes during play. Violators of this rule count 1 stroke to their score.

## ⑦ Helping Other Players

Players should not receive physical aid in any way — including protection from rain or wind. Violation of this rule is 1 stroke.

## ⑧ Play the Ball Where It Lies

If a player hits into tall grass or a thicket, the player is allowed to look for his or her ball, but is not allowed to cut, bend, or remove any object, such as grass or branches, in any way that would aid the next shot. Violators of this rule count 1 stroke to their score.

## ⑨ Hitting the Ball

- (1) If a player strikes the ball twice in one try, this will count as 2 strokes. However, if the player swings and misses the ball completely, no strokes will be counted.
- (2) Players are allowed to stand firmly on the ground, but are not allowed to use obstacles on the course, such as a tree stump or rock, to aid their stance. Violators of this rule will have 1 stroke added to their score.

## ⑩ When a Ball is Lost or Hit Off the Course

A player will add 1 stroke to his or her score when a ball is lost or hit off the course — for example, when a ball is hit into a river or lake. The player must then place a new ball in the area the ball left the course, but should not place the ball any closer to the hole. Play is then continued from this spot.

#### ⑩ When Another Ball is in Your Line of Play

When a player feels another ball is in the way, he or she can request the ball be temporarily removed. However, only the player whose ball is interfering is allowed to touch the ball. This player should put a mark behind the ball (no closer to the hole) before removing it.

#### ⑪ When Your Ball Hits Another Player's Ball

When a player's ball hits another ball, this play should continue play from where the ball stops. However, the player whose ball was hit should return his or her ball to the original spot (where the ball was before it was struck).

#### ⑫ When the Wind Moves a Dead Ball

When the wind moves a dead ball, the players should continue play from wherever the ball finally stops. If the ball blows into the post-hole, the player has "holed-out".

#### ⑬ When a Player Makes a Hole-in-One

When a player holes-out in one shot, 3 strokes will be subtracted from the player's total score.

### Section III Rules Concerning the Course

#### ⑭ Course Selection

Any large, open area is suitable for play — a baseball field, a vacant lot, along a riverside — you name it!

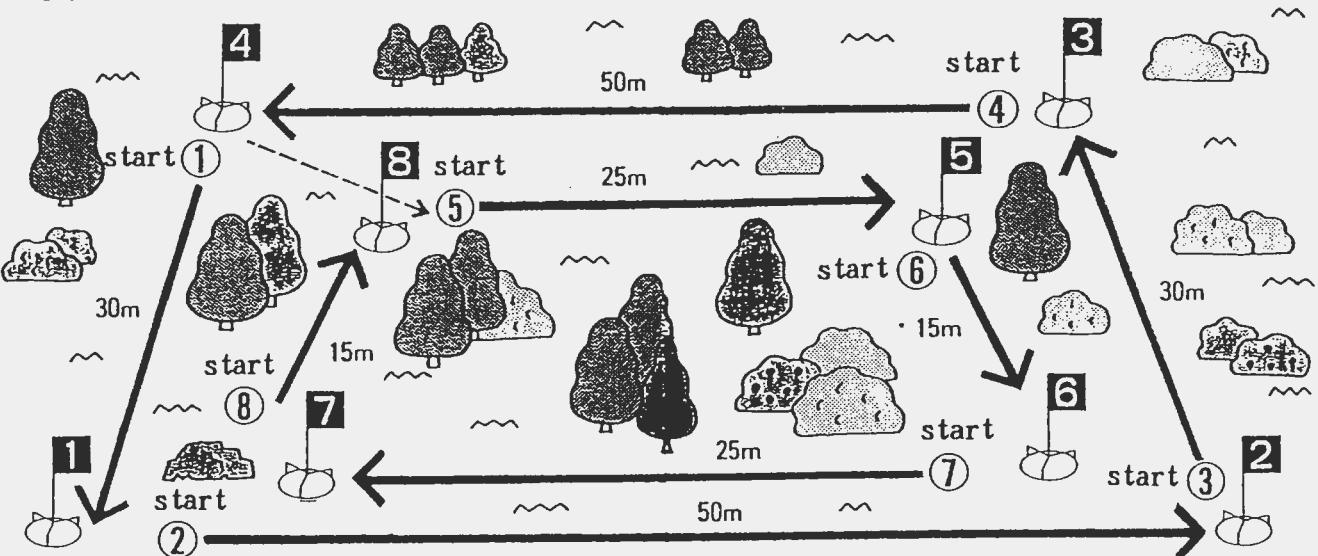
#### ⑮ Standard Course

The standard course is made up of 8 holes — 4 inside and 4 outside.  
(Refer to the standard Course Map)

# The Ground Golf Course

A course can be set up in small areas, such as a tennis court or backyard, as well as in large areas, such as an athletic field or along a riverside. Decide the number of holes and the distance between each one according to the conditions of your playing area. Also, use local obstacles, such as trees, rocks, or hills to create a more exciting and challenging game.

## Standard Course for Ground Golf (8 holes)



Remark: This is an example of the course for Ground Golf. The number of holes and distances should be set up according to conditions of the playing area.

## A Standard Course

It's best to create a course that is suitable for your playing area, the number of players and their abilities. However, there is a standard course that can be used. As shown in the above diagram, the standard course consists of 8 holes, 2 rectangles of 4, inside and outside.